



**Presbyterian
Support**
Upper South Island

Tuning in to Kids™

DATE, TIME & LOCATION*

11 October - 15 November (6 weeks)
6 pm - 8 pm

Presbyterian Support
215 Tancred Street, Ashburton

REGISTRATION

Please refer through
www.psupsouth.org.nz or email
midcant@psusi.org.nz to enrol.

** Spaces are limited, however, you can request to be placed on the waitlist.*

COURSE DETAILS

Tuning in to Kids is an evidence based programme designed to teach parents & caregivers:

- » **Awareness and regulation of their own emotions**
- » **Awareness of their children's emotions**
- » **To use their children's emotional experiences as an opportunity for closeness and teaching**
- » **Skills to assist children with problem solving, and labelling and managing their emotions**
- » **To guide children's behaviours with appropriate limits**

NB: Changes can occur depending on registration numbers.

Sessions include:

- » **Group discussions and exercises**
- » **Participants sharing their own experiences**
- » **Practices of new learning**
- » **Watching video material**
- » **Home activities to practice responding to children's emotions**